

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09  
 Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
<b>Women 30-34 50 Free</b>							
1	29.29 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	32.06 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
3	32.72 L	F	McCauley, Nicoleen	30	SEAL KZ	2008-11-16	KZNMSA (Highway) @ Crawford
4	34.99 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
5	35.60 L	F	Clark, Sarah	30	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
6	35.73 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	36.97 L	F	Helps, Tracy	34	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest
8	37.78 L	F	Stanton, Theresea	34	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc
9	40.93 L	F	Booyens, Ronelle	32	ETSM ES	2009-01-31	GMS (Phoenix) @ Ellis Park
10	46.36 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
11	58.51 L	F	Segakweng, Priscilla	30	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 100 Free</b>							
1	1:04.80 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	1:07.22 L	F	Sabiston, Jaki	34	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	1:12.46 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
4	1:13.03 L	F	McCauley, Nicoleen	30	SEAL KZ	2008-11-16	KZNMSA (Highway) @ Crawford
5	1:20.31 L	F	Hicks, Loraine	32	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
6	1:25.33 L	F	Helps, Tracy	34	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	1:29.81 L	F	Booyens, Ronelle	31	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
8	1:37.89 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 200 Free</b>							
1	2:32.21 L	F	Cadiz, Perry	33	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
2	2:34.98 L	F	Sabiston, Jaki	34	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	2:44.32 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
4	2:55.99 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
5	3:07.79 L	F	Helps, Tracy	34	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
6	3:15.55 L	F	Hicks, Loraine	32	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
7	3:18.41 L	F	Booyens, Ronelle	31	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
8	3:34.87 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 400 Free</b>							
1	5:59.66 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
2	6:03.90 L	F	McCauley, Nicoleen	30	SEAL KZ	2008-11-16	KZNMSA (Highway) @ Crawford
3	6:33.48 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
4	6:42.75 L	F	Hicks, Loraine	32	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
5	7:15.21 L	F	Booyens, Ronelle	32	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	7:39.53 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 800 Free</b>							
1	12:01.05 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
2	13:03.81 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
3	13:36.75 L	F	Hicks, Loraine	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
4	14:42.08 L	F	Booyens, Ronelle	32	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
5	15:18.23 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 1500 Free</b>							
1	26:40.68 L	F	Johnson, Justine	31	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
2	28:02.79 L	F	Erasmus, Magda	32	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
<b>Women 30-34 50 Back</b>							
1	34.54 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	38.78 L	F	Sabiston, Jaki	34	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	41.64 L	F	Hicks, Loraine	32	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
4	43.25 L	F	Helps, Tracy	34	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest
5	56.79 L	F	Booyens, Ronelle	32	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	1:07.09 L	F	Segakweng, Priscilla	30	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 30-34 100 Back</b>							
1	1:14.16 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc

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	Time	P/F/S	Name	Age/Yr				
2	1:32.69 L	F	Hicks, Loraine	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:33.66 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:37.47 L	F	Helps, Tracy	34	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:01.30 L	F	Booyens, Ronelle	32	ETSM ES	2009-01-31	GMS (Phoenix) @ Ellis Park	
<b>Women 30-34 200 Back</b>								
1	2:44.22 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:24.14 L	F	Hicks, Loraine	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:35.47 L	F	Helps, Tracy	34	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 50 Breast</b>								
1	40.04 L	F	Cadiz, Perry	33	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	44.36 L	F	Stanton, Theresea	34	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	44.59 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	45.09 L	F	Strydom, Juanita	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	45.71 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:01.07 L	F	Segakweng, Priscilla	30	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 100 Breast</b>								
1	1:40.20 L	F	Strydom, Juanita	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:41.28 L	F	Prentis, Catherine	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:41.50 L	F	Stanton, Theresea	34	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:43.28 L	F	Johnson, Justine	32	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Women 30-34 200 Breast</b>								
1	3:37.13 L	F	Strydom, Juanita	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:45.36 L	F	Stanton, Theresea	34	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	4:16.54 L	F	Hicks, Loraine	32	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
<b>Women 30-34 50 Fly</b>								
1	34.41 L	F	Sabiston, Jaki	34	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	36.80 L	F	Clark, Sarah	30	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
3	37.20 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 100 Fly</b>								
1	1:29.39 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 200 Fly</b>								
1	4:26.24 L	F	Els, Zeandre	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 200 IM</b>								
1	2:57.15 L	F	Sabiston, Jaki	34	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:57.72 L	F	Cadiz, Perry	33	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	3:15.27 L	F	Potts, Kirsten	30	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:20.77 L	F	Johnson, Justine	32	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:34.29 L	F	Hicks, Loraine	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 30-34 400 IM</b>								
1	7:56.26 L	F	Hicks, Loraine	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	